



Supplements to Crush Sugar Cravings

Guest: Sara Vance

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Wendy: Hello, everyone, Wendy Myers here from LiveTo110.com. Thank you for joining us once again for the Medicinal Supplements Summit. I know so many of you struggle with sugar cravings and blame yourself when you cave. I know, I did that for many, many years until I figured out the underlying causes of my sugar cravings.

Sara Vance is here to tell you that it's not your fault. Sugar is more addictive than heroin. And there are so many factors that can cause sugar cravings, not one of them being your lack of willpower. Biology always overcomes willpower. And we're here to tell you how you can overcome your biology, hence so you can have better willpower.

Today, my friend and special guest is Sara Vance. Sara Vance is a nutritionist, the author of the book *The Perfect Metabolism Plan*, and the creator of the Break up with Sugar eCourse. You might also recognize Sara if you attended The Metabolism Summit earlier this year, which she hosted.

Sara, can you give us the website for that?

Sara: Yeah, it's TheMetabolismSummit.com.

Wendy: Great. Sara was a former picky eater and overweight as a child. Sara's metabolism was in worse shape when she was 12, than it is now in her 40s. Sara also was an ex-sugar junky and suffered a long list of chronic aches and pains and health complaints for decades. After years of popping Advil like it

was candy, she finally found her answers right at the end of her fork, and breaking up with sugar was a catalyst.

She is passionate about sharing her knowledge to help people be the healthiest they can be. Sara's website is SaraVance.com. Find out more information about her Break up with Sugar program at BreakUpWithSugarProgram.com.

Sara, thank you so much for joining us on the summit!

Sara: Oh, thank you so much for having me, Wendy, and putting on this summit. I know how much work it is to do an event like this and I think the topic is so important.

Wendy: Yeah, well, I've had a lot of fun doing it and I just love taking supplements. And I know I had so many questions out there, even when I was pretty knowledgeable, it's just a lot to learn, a lot of pitfalls. So why don't you tell us a little, in your own words, about yourself and your own health journey and your break up with sugar.

Sara: Yeah, well, I think as you mentioned in the intro, when I was a kid, I was overweight and back then sugar was pretty much a major food group for me. I lived on it. And I definitely paid the price, and not only just the weight gain, but the mood swings and inflammation and digestion issues and all the stuff that comes with excess sugar in our diets.

And even though I was able to lose the excess weight I gained in elementary school, as I got older, I thought I was being "healthier." But I was still stuck on what I call that sugar rollercoaster where you're getting these highs and lows. And even if I wasn't eating candy and cupcakes, I was still eating a lot of high-glycemic foods. I was pretty much addicted to pretzels for a long time.

Growing up in that height of the low-fat era, which is obviously one of the most damaging nutrition myths that's ever come around, the thing about low-fat is they take out the fat. Well, what do they put in there instead is sugar and a lot of processed things. So it's just spiking our blood sugar even more.

I think it was probably about eight years ago when I finally just really got serious and just kicked sugar to the curb. I remember it was like right before Halloween. And I have to say it was one of the best things I ever, ever did for my health, my energy, my mood, my brain function, all really improved. It was the catalyst I think, as you mentioned, for many other changes in the future

for me. And actually, one thing that I can remember pretty vividly was I remember feeling like my face was reverse aging a little bit. And it was pretty quickly that I remember seeing those changes. So yeah, sugar for me, it's been a huge positive thing to really take back that control.

Wendy: In your book *The Perfect Metabolism Plan*, in Chapter 1, it's called "Break up with Sugar." But I understand that your editor didn't want that to be the first chapter. Why is that?

Sara: It's an interesting story. Well, I've broken my book down into the 10 keys to get an optimal metabolism. And, of course, I'm going to put "Break up with Sugar" as the first chapter because you can't have a healthy metabolism when our blood sugar's all over the place. But when I first gave my editor the first draft, she saw that there and it jumped out at her. And she was gently suggesting, "Well, maybe we should just move that chapter back, maybe Chapter 8 or 9 or so."

Wendy: And no one wants to break up with sugar.

Sara: Exactly. She knows people love their sugar. She knows that we've celebrated sugar since we were babies. It's part of our life. There's not just, I think you had mentioned the biological aspect. There's a mental aspect. There's so many aspects of sugar. And I think so many people have tried and failed. And so I think she was thinking of book sales. She was worried that people were going to see that and go, "Oh, forget it, you know, chapter 1, I can't even deal with that."

But I explained to her that when we're consuming an excess supply of sugars, our metabolism gets lazy. It's goes into what's called sugar-burning mode where we're burning, we're relying on sugars and our metabolism can't be converting the fats and the energy. But we're getting super effective at storing calories as fat. So after I explained how unstable blood sugars really are a recipe for metabolism meltdown, she was like, "All right, we'll keep it in chapter 1."

But yeah, so I think it's really, I always say it's numero uno. It's one of the most important things we can do. Like, for example, my Break up with Sugar program, I just took some people through that and I had one woman lost nine pounds, another one lost seven and her roommate who's a man, who they tend to drop weight a little bit faster, lost 19 pounds in a month.

Wendy: Wow, that's—

Sara: Yeah, and that's all they did. The breaking up with sugar can just, sometimes that can really be one of the most amazing things you can do just for your health.

Wendy: Yeah, I did that a long time ago. And I did not think I could do it. I was eating sugar every day since I was two years old and I was an addict. And I really, I would have rather gotten cancer than break up with sugar. And you can do it. It takes assessing out the underlying root cause and it takes discipline and what not, but you absolutely can do it. I never thought that I would be able to. But here I am today and I don't eat sugar and I don't crave it either, very rarely.

Sara: That's the thing. One other thing is I think is the light at the end of the tunnel is once you get to that other side where you've done the work—believe me, it takes work and you want to have someone that can guide you—but once you get to that other side, like the idea of eating a sundae drenched in caramel, to me just sounds grossed because that would be so sickly sweet because your taste buds do change. Your preferences change. And so the things that you used to enjoy, you may not enjoy anymore because you don't need it or want that anymore. So there is a light at the end of the tunnel if you do the work.

Wendy: Yeah, I used to eat sundaes all the time. And now, though they made me so sick and I would feel horrible for hours afterwards. So it's not worth it anymore. So your body gets used to that onslaught of sugar.

So let's talk about a lot of people blame themselves if they try to go on a diet and stop the sugar and if someone's having constant sugar cravings and can't seem to overcome them by willpower, are they to blame and what are the various factors that contribute to sugar addiction?

Sara: Yeah, this one makes me just so emotional. As I'm guiding people through my program, I just share with them that I've been there. I've blamed myself. I felt so lost and out of control. I know those feelings. And I never thought I could do it, as well. So many people have tried and failed so many times before that they just say, "Well, forget about it. It's not possible." The blame game just definitely happens.

And I remember this vividly. When I was a kid, I would go to my grammy's house for Christmas and she had made this fudge. And my brother and sister, they could have one or two. They'd be happy. But I just couldn't stop. I would have like eight of them and then I would move on to some cream-filled

chocolates. And I thought it was because I was weak. I was a failure. It was my fault.

But the thing about sugar, like you had mentioned, it's very addictive. Let's be honest, it's a legal drug. But unlike illicit drugs, sugar is not just legal, it's celebrated. It's everywhere. It's in over 75% of all packaged foods, even ones that are "labeled healthy" a lot of times. And our addiction starts early. We celebrate baby's first birthday with sugar. And from then, it's about love. And so relying on willpower is just, it's not fair. It's going to set us up for failure.

And so one of the real key strategies, I think for anybody that's looking to get control of their blood sugar, is to really replenish key nutrients and correct underlying deficiencies because what that can do is it can change the metabolism. It can reduce our cravings and our needs for sugar and then it can help people to feel more in control. You're going to feel a lot less crazy going through this when you've got, I call it like your friends in this process. You're leaning on some of these friends that are going to support you through this, not only just your people friends, but having some supplements and some key targeted foods that can really get you through this.

Wendy: Yeah, so let's talk about some of those key supplements. Supplements that people can take to correct the nutrient deficiencies that cause sugar cravings. And clearly the first thing many need to do is control their blood sugar because when that's going up and down, that triggers cravings. So what are some of the best supplements to improve blood glucose regulation?

Sara: Yeah, so when you're on that sugar roller coaster, you have these highs and these lows and you're crashing. And so you're reaching for more of the same thing that gave you that high, which puts you on this, not only just mental and emotional roller coaster, but over time what that does is it makes your body less effective. It puts you into this insulin resistance state where you're not even getting energy from your food. You're not delivering it to your cells. What we need to do is support the metabolism to improve the delivery of glucose out of the blood into the cells and improve that sensitivity of the insulin.

So there's definitely a number of supplements that can really help the body to do that. And one of them is chromium, which is a mineral needed in the body, just in trace amounts. But a lot of people are deficient in it. And it supports metabolism, too, just improve the insulin sensitivity and properly metabolize the sugar. One of the things I love about supplements is that they're synergistic. You're going to have positive side benefits of taking chromium. So

like, in addition to managing insulin sensitivity and helping us metabolize our sugars, it can also have some benefits to our blood pressure.

Magnesium's like the perfect example. That's another one that's very synergistic. It has like over 300 biochemical processes in our body that it's responsible for. But one of the things that magnesium's really crucial for is for energy production and protein synthesis. And it's also been shown to decrease insulin resistance and help to keep our blood sugar levels in check. And most people are deficient in magnesium. It's a real important mineral for heart health. So that's another one that can be really beneficial.

Cinnamon is another good one, and again so synergistic. And cinnamon is not just a supplement, you could eat it as a food, as well. It's a spice. And so you can add cinnamon to your foods. Your morning smoothie, put some cinnamon in there or a lot of supplements will have cinnamon in them, as well. And basically, cinnamon not only supports the body to better manage sugars, but it also has positive benefits for our microbial balance. So there's some evidence to show that it supports treating even MRSA and candida and things like that. So that's another one that's super synergetic.

B vitamins are really important. Particularly B6 is important for the metabolism of carbs. And again, what happens is if you're not properly metabolizing those carbs, you can get these low neurotransmitter levels, which can lead to carb cravings.

So I think one really interesting one that I think people are going to start to hear a lot more about is berberine. And berberine is a really, again we talked about this synergistic, about how all these positive side benefits, this is one super, super star supplement. It stimulates the uptake of glucose into your cells. It improves your insulin sensitivity. But then again, similar to cinnamon, it has this antibacterial effect. It has some antioxidant effects, anti-inflammatory, and it enhances our immune system. So I think that's definitely one to look for. It has even been shown in studies to be comparable to the diabetes drug metformin.

Wendy: Wow!

Sara: Yeah, it's real incredible. I think it's definitely one to watch. It's a super star supplement. I think there was a Journal of the Endocrinology found that it improved insulin resistance. It supported insulin secretion and again supporting the gut microbiome. Yeah, I think that's a very cool one and one to do more research about.

Again, I think one of the things I always want to mention with supplements is make sure that if you're taking a prescription medication or something like that, make sure that there aren't other interactions because if you all of a sudden add berberine, and say you're already on a medication that's doing some of those things, so to be careful and cautious about adding supplements because they're powerful, right?

Wendy: Oh, yeah. Yeah. And I was going to ask you, is there a product that contains all of these ingredients that you like to use or recommend? A brand or something that is helpful for blood glucose control?

Sara: I love that you brought that up. Yeah, because there is one. There's a product called PureLean nutrients, which is a Pure Prescriptions multivitamin. And it has all of this in it and more, and more. I will be talking about some of the other things that it has in it in a minute. But yeah, it has all of that and more.

Wendy: So Pure Prescriptions, and it's a multivitamin or what's the name of the product?

Sara: Yes, it's a multivitamin called PureLean nutrients. It's amazing, pretty cool stuff.

Wendy: So let's talk about gut bacteria. Newer research is showing that cravings can be caused by your gut bacteria and an overgrowth of bad bacteria. Can you speak how bacterial and yeast imbalances can cause cravings?

Sara: Yeah, this is a pretty big one. The thing about it is sugar feeds yeast. So when we're having a diet that's high in sugar, we're feeding our yeast. And we all have yeast in our gut. We all have good bacteria and bad bacteria and the guys in between that goes back and forth. And so when those are all in balance, it's normal to have some yeast. It's normal to have some E. coli and some other negative bacteria. But what happens is when we're growing an overabundance in something like yeast, then it's going to crave their favorite food, which is sugar.

And so how can we end up with this overabundance of yeast? It could be years and years of high-sugar diets. A lot of times, it starts with a course of antibiotics or maybe we have high levels of stress. And that takes our immune system down. And then the yeast can get out of control. Or maybe it's a diet that is high in antibiotics, for example, like eating animal products that's been

treated with antibiotics or maybe foods that have been sprayed with glyphosate. Which is actually, most people know it as a pesticide, but it also has been patented as an antibiotic because it's very powerful as an antibiotic.

Wendy: Oh, my God, no.

Sara: Yeah, so there's a lot of things about how we can be damaging our gut health. And so then when we have this overabundance, it's like in there screaming, "Feed me! Feed me!" So a lot of these cravings can actually be driven by this bacterial imbalance. And so then it becomes this self-fulfilling cycle. The more sugar you have, the more you're feeding that yeast, the more they want to eat. And so it can be pretty tough. This candida yeast can create these craving. So for some people, it may be as simple as just adding a high-quality probiotic. You can start to crowd out that bad bacteria and yeast, start to establish more beneficial bacteria. Obviously, you want to starve that yeast. And it can get a little angry at you when you're doing that.

But then there's got to be other people who have more complicated issues going on. You might need to do some work, too. You might need to do some testing or eliminate something that's going on that's more pathogenic. Maybe, you've got a real overabundance of candida or you have some pathogenic bacteria or parasites. Maybe, you've got bacteria in the small intestine. And so some of those things can be pretty stubborn and just throwing a probiotic at it may not work. I'm sure you could weigh in here on the role of heavy metals. And when you've got candida, you've got metals.

Wendy: Yes. Yeah, people that have copper and mercury toxicity, they can't get rid of their yeast infections until they detox those metals. And most people have mercury. So it's one of those things. You have to detox that. If you have chronic yeast infections and you do everything and you can't get rid of them, it's because you haven't addressed the mercury and the copper.

Sara: Yeah. Yeah, so, for some people, it can be a little bit more complicated. But for some people, it's as simple as just taking the right probiotic. And there's a lot of different strains. I think that's one thing that can be really confusing at times. And one that I found that I like is one called bacillus coagulans.

And the reason why I like that one is it's spore-forming and lactic- acid producing and it generally is well-tolerated. And it gets past your gastric acids, which a lot of time those will just destroy the probiotics if you can't get them

past that. That's one that I do find to be generally well-tolerated and pretty effective and expensive.

Like, one of the things I like about that one is you do not have to pay, like if you order your supplements online, and if you're ordering these probiotics, it has to be refrigerated, that one because it's shelf-stable, you don't have to...You can travel with it. So a lot of times these spore-forming, shelf-stable resilient probiotics like the bacillus coagulans can be real effective. But everybody's a little bit different. And again, for someone with some real serious immune issues, you want to be careful about introducing any bacteria really.

Wendy: Yeah. Well, let's talk about the liver. A lot of people's livers are really overloaded because of all the 700 chemicals and toxins we have on average in our bodies. So the liver plays a critical role in detoxification, hormone regulation, and processing sugar. So let's talk about how one supports the liver and like how the liver malfunction contributes to sugar cravings.

Sara: Yeah. This is a biggie. And our diets right now, these sugar-overloaded diets, our livers are taking a really, really big hit. Yeah. And not to even mention those 700 toxins you talked about. But the sugar is a massive insult to our liver. And our liver is, I love that the Chinese medicine refers to it as the General of the Army because it really is. It's in charge of detox. It's our master detoxifying organ and it has a lot of important jobs beyond detoxification. It regulates our blood sugar. It filters the blood and, of course, then obviously is in charge of removing toxic substances and things.

And what happens is sugar is very damaging when we have a lot of sugar to our liver, especially fructose because fructose needs to be processed through the liver. And what's happening right now is we're seeing non-alcoholic fatty liver disease grow exponentially. It's estimated that about a quarter of the population currently has non-alcoholic fatty liver disease right now. And it's even affecting kids. They say that about one out of ten of all kids has non-alcoholic fatty liver disease. But for overweight and obese children, it's 40% of those kids have non—

Wendy: Wow!

Sara: And, yeah, so it's tough because there often are not symptoms. So some of the ways you can figure out if you've got this excess...And basically, what non-alcoholic fatty liver disease is, is just what it describes. You have excess fat growing on the liver. So it's normal for the liver to have a little bit of fat.

But when there's an overabundance of it, it becomes fatty. And you can do a screening test by doing like your liver enzymes. But the interesting thing there is so many people have elevated liver enzymes, a lot of doctors are like, "Well, that's just normal." It's like the new normal. Whereas, what you should do is if you have elevated liver enzymes, you could do a scan of your liver with an ultrasound. And then they can see the fat on the liver. But yeah, so it's a big concern. I know Dr. Hyman talks about non-alcoholic fatty liver disease a lot. And he's got some great stuff out, as well. But it's definitely something to think about.

But the good news with the liver, it's very resilient. It is very resilient. As long as we catch it before it gets to the point of cirrhosis or NASH where there's starting to be some scarring, we can recover the liver. I mean the liver, if you've got a healthy liver, you chop off a piece of the liver, it's going to grow back, which just blows my mind.

I think one of the interesting things, this is one thing that a lot of times motivates guys to get the sugar out of their diet or at least cut it way down, is that we don't think a lot about how excess dietary sugars causes hormone imbalances because again, the liver's super important for eliminating excess hormones.

But one of the things that happens when we have a diet high in sugars, it can cause testosterone to be converted into estrogen through aromatization and by shutting down the release of the sex hormone binding globulin. So nobody wants to be converting their testosterone to estrogen, if you're looking to build muscle and have virility and all these things. So that's something to think about.

But there's so many wonderful, wonderful herbs and supplements that can support our liver. Like the thistle family, you've got milk thistle and artichokes. Those are both in the thistle family. Alpha-lipoic acid and N-acetylcysteine. Alpha-lipoic acid is a very powerful antioxidant. And it also plays a role in sustaining healthy glucose function. Again, this is another one of those, all these synergistic effects together. Alpha-lipoic acid and NAC can support the liver to heal. And it can also help to stimulate the powerful, our master antioxidant, glutathione. So those can be amazing.

And another one that's really good is taurine. One of the things I read about taurine is the Okinawans in Japan have a diet very high in taurine and has a very anti-aging properties to it. And so it's very supportive of the liver. And so that's another one to consider and look into.

Wendy: Yeah, and that one, it's a sulfur-containing amino acid that helps the liver detox. And unfortunately, if someone is a vegetarian or vegan, they don't eat meat, they don't get that. So then their liver can't detox effectively. Anyone a vegetarian or vegan, they have to supplement taurine, for sure.

So any specific supplements you really like to support liver function?

Sara: Yeah, one of the things I like that...A lot of people reach for milk thistle. But one of the things I like a lot is artichoke because especially for someone who's got elevated cholesterol, that's very powerful for lowering cholesterol. That's a good one. You could also do milk thistle. That's a very traditional one. But yeah, those are a couple of my favorites and the alpha-lipoic acid and N-acetylcysteine and taurine. I think that combination is great.

Wendy: I read like a protocol for liver detox. It has most of those supplements that you recommended in it. And I really, really like that one. That's some of my favorites.

So let's talk about stress. Stress is a huge trigger for cravings. Emotional eating is what a lot of people find themselves doing at the end of their very stressful days. We live very stressful fast-paced lifestyles. So let's talk a little bit about your recommendations to help de-stress and any supplement recommendations you have, as well, to aid that.

Sara: Yeah, this is a big one. And it's definitely one of my nemeses. I've gotten beyond the sugar cravings and wanting the taste of it. But stress, that's really the thing that sends my health for a tailspin. It's almost impossible to really escape stress in today's crazy world where we're dealing with technology all day and on highways.

And so it's finding ways to manage it and help to decompress from it. But the thing about stress, when we're under stress, our blood sugar gets dysregulated. I love the way one of my Metabolism Summit speakers, Dr. Kurt Perkins, he said, and I'm probably going to get this wrong, but he said, "When we're stimulating our adrenal glands constantly, what that does is it raises our blood sugar.

And it's similar to as if we had eaten a snickers bar." And I just remembered thinking, "Oh, my gosh, you know, it's crazy to think about stress being like eating sugar." So he said, "It's not just a nutrition problem. I mean, it's important for us to deal with our stress levels and trying to manage them."

And I think a lot of times when we're under stress, what we're going to do is we're going to reach for chocolate or something like that because we're also trying to stimulate our calming neurotransmitters. And so what we could do is instead reach for supplements that help us to do that. So things like amino acids, which help to support our neurotransmitter levels.

And so some of the ones I like are L-theanine, which is a compound that's found in green tea. And the Buddhist monks would drink green tea so they could stay focused and calm. And L-theanine has this really cool combination of calming and boosting focus. But then it also doesn't make you sleepy, which is a cool thing. So you could take it really any time of the day. And that's really one of my good go-to favorites.

L-glutamine is another one. It's another amino acid that Julia Ross in her book, *The Mood Cure*, which is a great book, by the way, she suggests just opening up a capsule of L-glutamine on your tongue when you have a craving. And that can just nip it in the bud. And so again, L-glutamine has a lot of synergistic other things that they can do. Like it can do like healing the gut and all of that, which again can be a part of all of this. But GABAs and other amino acids that can be helpful.

And then there's adaptogens. Adaptogens are basically, that's what they do is they help the body and metabolism and mind and everything adapt to stress, so things like holy basil, rhodiola. One of my favorites is ashwaganda because ashwaganda also is supportive of the thyroid. And again, thyroid and metabolism are very closely tied.

And another one that I like a lot are bach flower essences. So that's another thing that can help to calm and relieve stress. Obviously, the B vitamins and magnesium are important for stress, magnesium again being a calming mineral. So those are some of the ones that I like a lot. There's really so many. But those are some of my favorites.

Wendy: Yeah, I have a story I wanted to share about my sugar cravings and how I nipped them in the bud--

Sara: Oh, yeah.

Wendy: by using amino acids. And I went through a period...And really as long as I can remember, I was addicted to chocolate. And I love chocolate. I had to have it every day or I'd just feel like I was white knuckling it. And I noticed that if I ate chocolate, it helped me to focus and write. And I thought it

was just the sugar in it. And I was craving the sugar. But I did a neurotransmitter test. I was low in PEA. Which to make PEA, you need phenylalanine, so D-phenylalanine. And chocolate contains a lot of PEA. And so I was actually eating the chocolate to get PEA, in which I was low. And by taking phenylalanine every day, completely stopped it. And I have very rarely eaten chocolate since.

Sara: That's interesting.

Wendy: It was the weirdest thing. And it's an easy thing you can do. You don't have to do neurotransmitter testing. You can try phenylalanine. You can get it on Amazon or the Internet. And it worked so amazing for me.

So I also wanted to ask you about sleep because when people are stressed out, they don't sleep. Or if they don't get enough sleep by choice or involuntarily, their blood sugar the next day can be really high, as high as a diabetic's. And then that can make them have cravings. Can you talk about that?

Sara: Absolutely. Sleep is such a big one. And again, it's so well tied into stress, too, because they go hand in hand. A lot of times what's happening is we have this adrenal, our cortisol rhythms are off. And so we have this high cortisol in the night when we're trying to settle down and go to sleep. And we can't because our stress hormone is just raging. And so that's one big one is just, again they're super tied together. I think rather than jumping on those sleep aids, let's get the adrenals healed first.

But yeah, when you're not sleeping, your everything is out of whack. The next day your hunger hormones are out of whack. You're going to be hungrier all day long. Yeah, your blood sugar's dysregulated. And so I think that it's like, again peeling that onion back. As opposed to saying, "Okay, my symptom is I can't sleep. Let me take a pill for that," let's go, "Okay, why am I not sleeping? It's because you know, my cortisol's in the tank. In the morning, I got to drink five cups of coffee just to get going. And then I'm continuing to fuel this hamster wheel with sugar, carbs, caffeine, sugar, carbs, caffeine all day long. And then by the end of the day, my stress level hormone's through the roof. And so I'm tired. But I am wired. And I can't settle down."

And so I think it's definitely just deconstructing all that and trying to really deal with each different piece.

Wendy: Yeah, one of my big weight loss secrets, the number one thing I do is

focus on sleep and getting adequate levels of sleep. And the next day, you don't have as many cravings [inaudible] in a number of ways.

So excess sugar is really hard on our bodies. It's hard on our liver. It increases oxidation and inflammation. That impacts our immune system, our brain function, our disease risk. It accelerates aging and so many problems in the body. What supplements do you like to repair the damage that sugar has caused?

Sara: Yeah, it's such a big one. I think about that oxidation that sugar creates is like rusting like from the inside out. And inflammation, we all know what inflammation is. It's swelling. It's redness and pain. And I always loved what Dr. Perlmutter says. He says, "You know, we may not have... We don't really have, necessarily know when we've got the inflammation in our brain because we may not... You know, we don't have these pain receptors there.

So but it could show up as things like depression, anxiety, brain fog, and maybe pain, you know like migraines." So I think it's really important, especially if you've had this high-sugar diet for a long time to really look to using supplements to help us repair that damage that's occurred. Also this oxidation and inflammation accelerates our external physical signs of aging, as well.

I think I mentioned before when I very quickly a few days of things, getting the sugar out, I started to feel like my skin was looking and feeling healthier and younger. And there's a real truth to that because sugar creates these things called advanced-glycation endproducts, which damages the collagen and the elastin in our skin, which causes the physical signs of wrinkling and aging and sagging.

And so yeah, there is a number of things we could do. First of all, let's tackle the inflammation, so things like fish oils and curcumin like turmeric. So things like that can help us to reduce the inflammation, but just getting the sugar out. Sugar is very inflammatory, so removing that from our diet and helping supporting our body with a high-quality inflammation-lowering supplements.

Turmeric is really amazing. You do things like golden milk tea or you can take a turmeric supplement. And then there's things that can, the antioxidants that can repair the free-radical damage that's occurring. And vitamin C, I'm sure you're talking about that on the summit a lot, is super powerful for repairing free-radical damage. Green tea can be helpful.

And there is this interesting supplement that is I think is another to watch. And I'm probably going to say this wrong. But it's pterostilbene. It's being touted as like the new and improved resveratrol because it is better absorbed than resveratrol. And so it's more bioavailable. So that's a real powerful one. And the interesting thing again, once again is the synergistic stuff. Not only is it an antioxidant, but it also seems to help with glucose functioning and the metabolism, so definitely one. I'll spell that one because it's an odd one. It's pterostilbene, so pterostilbene.

Wendy: Yeah. I don't think anyone would have figured that out. So thank you for spelling that. Yeah, I love turmeric. I take a liposomal turmeric every day by NutriCell. If it's liposomal, it has a really, really high absorption rate. I love green tea, also. I drink Jasmine green tea, getting my little antioxidants.

So you're an expert on sugar and breaking up with sugar. And you have a course to help people do just that, to break up with sugar. Can you tell us a little bit about your Break Up with Sugar eCourse?

Sara: Yeah. I put "Break Up with Sugar" as the first Chapter in my book. But I know that it is such...It's one of those things you need a little bit more support. You need a little hand holding. You need someone to guide you. And so that's why I wanted to create an online course where I can put a little bit more information in there. And I believe that all change requires three really critical things. You need the what. You need the why. And you need the how. And so that's what I really put into this course is really help people to understand, first of all, the what.

Like, most people have no clue how much sugar they're eating every day. I had someone that signed up for my recent course. And she posted in my Facebook page like in a panic at 4:00 o'clock like, "I just realized that I've eaten a cup of sugar." And it's only 4:00. And she doesn't eat like candy, sodas. She's not drinking her sugar.

And so I think that's one of the things we do is we track. We figure out, "Okay, where are we starting? Let's build the awareness." I help teach them about what really is good nutrition information because I think that's one of the problems is there's a lot of bad information out there. A lot of people still believe in the low-fat myth and sugar is harmless empty calories myth and so really dispelling a lot of these myths, getting the good information, helping them to be aware of where sugar's hiding.

And then we get into the why. This is a big one. This is a really, really big one. Help them to really connect with the reasons why. And that's where some of the health indications of excess sugar can get in there. There's a lot of them and they can be pretty serious and when people really start to understand that and understand their reasoning's for why they want to do this and really deeply connecting to it, so we do a lot of work there.

And that's the tools. You've got the what, the why, the how. You've got to help them make it happen. And so I give them all a recipe book that has like over 60 recipes in it. And they just work their way through it. And we've got other tools to help them deal with cravings and things like that. So yeah, I'm just super excited about it. And it's obviously thrilling. It's super thrilling.

I just had a group that finished last week. And they're like sending me these emails going, "I can't believe it." And so it just lights up my heart and soul to be able to pass this on to people because I've been there. So I understand their struggles.

Wendy: It's so important because I know many of the listeners out there, try as they may, people are addicted to sugar. It's just everywhere. You can't escape it. And it's so tempting. And it's more addictive than heroin.

Sara: Yeah, I know. It's tough. But it's not impossible. And that's the thing. I think when you have a little support and got these tools, you've got these supplements that are helping you, that it really can be done. And again, remember in that light at the end of the tunnel that when you get to the other side, you're not even going to want that caramel sundae anymore.

Wendy: Yeah, like I said, I never thought I could do it. But I did. And you can do it, too. But you do need help. People need support.

So why don't you tell the listeners where they can find you and learn more about you?

Sara: Well, I have the website SaraVance.com. And I have a ton of free, just blog information out there. I don't know, I probably got 200 blogs up there and so feel free to peruse that. And I again have that BreakUpWithSugarProgram.com. That's got just a few recipes. And I've got a lot of the supplements listed up there that I recommend for the program. And those are really the two best places to find me.

Wendy: Well, Sara, thank you so much for joining us. I really, really appreciate it.

Sara: Thank you so much for having me, Wendy!

Wendy: And, everyone, my name is Wendy Myers. Thank you so much for tuning in today to the Medicinal Supplement Summit. This talk was one of my little gifts to you because I know that so many of you struggle daily with being tempted by sugar. And there are so many supplements that you can use to combat these cravings. Supplements to the rescue!

So after listening to some of the summit talks, if you think that friends or family could be helped with this life-changing information, please share it with them. I would so much appreciate it!

